

CONSUMER HIGHLIGHTS

AUGUST 2000

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FCE NEWS

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HOW LONG SHOULD YOU KEEP YOUR MAKEUP?

We go to so much trouble to keep our skin clean and healthy, the last thing you want is to contaminate it with old, possibly unsafe cosmetics. The following recommendations vary a little between cosmetic manufacturers but these are general guidelines that fit the majority of products used by the public.

Here's a handy guide to the shelf life of already opened products:

Cleanser: 1 year

Foundation: 1 year (avoid sticking your fingers in the container)

Lip stick: 1 to 2 years

Mascara: 3 to 4 months, especially if you wear contact lenses or have sensitive eyes.

Face Powder: 6 months

Eye Shadow: 2 years

Blush: 2 years

Lip Liner: 3 years or longer

Moisturizer: 1 year (try keeping it in the fridge for longer life)

Eye Cream: 3 to 6 months (again, refrigerating helps)

FOOD SAFETY AND SALADS

As with other foods, it's important to handle fruits and vegetables safely to help prevent food-borne illness. It's especially important to follow safe food practices in summer months when temperatures are warmer and bacteria can grow faster. There is also more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities.

Following are some steps from a Food and Drug Administration (FDA) Talk

Paper, "FDA Advises Consumers about Fresh Produce Safety" (May 26, 2000), that consumers can take to reduce the risk of food-borne illness from fresh produce:

- **AT THE STORE,** purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- **AT HOME,** chill and refrigerate foods. After purchase, put produce that needs refrigeration away promptly (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- **WASH HANDS OFTEN.** Hands should be washed with hot soapy water before and after handling fresh produce or raw meat, poultry or seafood, as well as after using the bathroom, changing diapers or handling pets.
- **WASH ALL FRESH FRUITS AND VEGETABLES WITH COOL TAP WATER IMMEDIATELY BEFORE EATING.** Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
- **WASH SURFACES OFTEN.** Cutting boards, dishes, utensils and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce, or raw meat, poultry or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.

DON'T CROSS CONTAMINATE. Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry or seafood. Do not consume ice that has come in contact with fresh produce or other raw products.

- **USE A COOLER WITH ICE OR USE ICE GEL PACKS** when transporting or storing perishable food outdoors, including cut fresh fruits and vegetables.

As an extra measure of precaution you may wish to wash pre-packaged salads, especially if you are uncertain about how they were cleaned. Don't assume that because a food is pre-packaged it's ready to eat.

Even if you don't eat the peel of a fruit or vegetable-such as melons-it's still important to wash them. Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable. Discard the outer leaves of leafy vegetables before washing them.

Rinsing fruits and vegetables under running tap water helps remove bacteria. An easy way to wash smaller items such as berries is to place them in a colander and spray them with a kitchen sink sprayer. Gently turn the produce as you spray. As a general rule, wash fruits and vegetables just before using them, not before you store them.

Check for and follow label instructions such as "keep refrigerated" or "use by (date)" on items. This information is frequently found on pre-cut produce at the store.

Periodically, questions about the safety of various fruits or vegetables may arise. If

you have questions or concerns, to learn the latest information call the FDA's consumer helpline at 1-888-SAFEFOOD.

Food Reflections
July/August 2000

HELPFUL KITCHEN HINTS

1. To help yeast dough rise quickly and evenly, use a heating pad. Set the covered bowl on the pad with its temperature set at medium.
2. If soups and stews are too salty, add cut, raw potatoes and discard them once they have cooked and absorbed the salt.
3. Chilled cheese grates better.
4. Eggs will whip easier if placed in cold water for a time before being broken.
5. Cauliflower will remain white if you add a little milk to the water in which it is cooking.
6. To make black frosting for party cupcakes, add blue food coloring to your favorite chocolate frosting.
7. If cookies brown too quickly on the bottom, place them on the top of a baking pan that's turned upside down instead of a cookie sheet. The problem is solved when only the pan edges touch the hot oven rack.
8. Onions dipped in scalding water before peeling will never cause the eyes to water.
9. Chill the dough for drop cookies in order to keep them from spreading.
10. Use salt or lemon juice to remove onion odors from hands.
11. Heat lemons or limes in the microwave before juicing. This will often double the amount of juice you get.
12. For better meringue, add a pinch of baking powder while beating.

13. When baking potatoes in the oven, put each one in a muffin tin. This makes it very easy to take them out of the oven.
14. Set pies and cobblers on a rack to cool. This will keep the bottom crust from getting soggy.
15. Rinse cup in hot water before measuring honey or molasses.

EMERGENCY FOOD SUPPLY

The Atlantic hurricane season is from June 1 until November 30. This is a good time to take a closer look at your emergency food supply. The most important step in dealing with an emergency or with disaster is to be PREPARED.

What is an emergency food supply?

An emergency food supply means that you and your family will have food available even if you cannot make it to the grocery store because of a natural disaster, health or other problems.

What foods should be included?

The emergency supply includes foods that your family enjoy and that store well without refrigeration, plus stored water. Keep the emergency food supply separate from the other foods so you can access it when the unexpected happens. You should keep at least a 3-day supply of non-perishable foods.

Include a selection of the following foods that need little preparation:

- Ready-to-eat canned fruits and vegetables and puddings
- Canned juices
- Canned soup (if concentrated, store extra water for preparation)
- Canned meats (tuna, deviled ham, chili, beef stew, pork and beans)

- High energy foods such as peanut butter, jelly, crackers, dried fruits, granola bars, and trail mix
- "Comfort" foods such as sweetened cereal, cookies, and hard candy
- Food for infants, elderly persons, or those on special diets

Some foods need to be refrigerated once they are opened. If you think that once opened you will not use the food all at once, then consider buying foods packaged in one-meal sizes or individually for your emergency supply.

How long can the food be stored in the cupboard? Store foods in a cool place. Date foods as you buy them. Make sure that you replace them with new groceries as you approach the use date of the food (you'll find the date on the package.)

Use within three months: crackers and cereals

Use within six months: dried fruits, peanut butter, dry milk, instant coffee, cocoa mix

Use within a year: canned foods

Don't forget water!!

Water is a very important item to have on hand in case of an emergency. You will need it for preparing foods, washing dishes, and keeping clean. Store water in plastic containers such as soft drink bottles or milk jugs. To keep the stored water fresh, change it every six months.

A normally active person needs to drink at least 2 quarts of water a day. Children and nursing mothers will need more. If the weather is hot, the amount of water needed is greater.

July/August 2000

RETIREMENT PLANNER NOW ONLINE

Now you can make detailed plans for retirement from your own home on your own PC with a new, online service from Social Security. The Retirement Planner supplements the Social Security Statement that is now being sent annually to those who are 25 years or older and not yet receiving benefits on their own work record. The Retirement Planner is found at <http://www.ssa.gov/retire>

With the Retirement Planner, you'll be able to fine tune your benefit estimate using earnings information from your Social Security Statement. You'll be able to calculate your potential benefits at other retirement ages than the ones shown on your statement (62, your full retirement age, and 70). And you'll be able to plug in your own expected amounts of future earnings to see how they affect your Social Security benefits.

The Retirement Planner also explains things that could affect the amount of your Social Security benefits -- military service; federal, state or local government service not covered by Social Security; farm and household work; and, work outside the United States.

If you're close to retirement age, a "walk-through" section of the Planner will help you with some of the things you'll want to consider when you're choosing a date to stop working. It describes possible advantages of delaying retirement beyond your full retirement age. And, it explains how you may be able to receive some of your retirement benefits even if you continue to work.

The Retirement Planner also tells you how to contact Social Security when you're ready to apply for benefits, who in your family may also qualify, and what documents you'll need when you file your application.

Although you cannot file your application for Social Security retirement benefits over the Internet at this time, Social Security hopes to provide this service in the future after all security and privacy concerns have been resolved. When they are, you'll be able to link to a retirement application page directly from the Retirement Planner.

Money Management
Newsletter - June/July 2000

WELLNESS MADE EASY

✍ Even if you don't subscribe to a cellular service, you can dial 911 from any cell phone. The Federal Communications Commission requires all service providers to accept 911 calls from any wireless phone, even an old one with no phone number. Dialing 911 is not surefire, of course: wireless phone signals may not be picked up in unpopulated parts of the country; and if your phone is old, its signal may not be picked up by digital-only providers. But whether you subscribe to a service or not, a cell phone may be worth keeping in your car in case of a breakdown on the highway.

✍️ **Don't believe that antiperspirants cause breast cancer**, as some widely circulating emails warn. We debunked this Internet rumor last year, but readers keep asking us about it. There is no scientific evidence to support any of the scary claims. It isn't true that blocking underarm sweat causes "toxins" to be retained in the lymph nodes, from which they somehow migrate into the breast and cause cancer (sweat glands are not connected to lymph nodes anyway). No evidence links breast cancer to sweating, not sweating, or antiperspirants. There's no ingredient in antiperspirants known to cause cancer. And it's worth noting that many websites spreading this rumor are selling alternative deodorant products.

✍️ **If you're considering disconnecting your air bag to avoid possible injury during a deployment**, use a tape measure or ruler to measure the distance between the center of your chest and the center of the steering wheel to see if you are too close or not. The wheel should be at least 10 inches (the deployment distance of an air bag) from you. A study published recently in the **American Journal of Public Health** showed that most drivers-particularly those of short stature-who think they sit too close actually sit at a safe distance. You may discover you're fine as you are, and thus can quit worrying. If you sit too near, you may be able to adjust the seat or sit on a cushion to be at a safe distance from the wheel-much better solutions than disconnecting your air bag.

University of California,
Berkeley Wellness Letter
June 2000

Don't Give Up On Dogwoods!

Recent press reports would have us believe that dogwood anthracnose is going to kill all of our dogwoods. This disease is caused by the *Discula* fungus, and should not be confused with a commonly occurring leaf spot of the same name.

Though this disease kills the species of dogwood that we commonly grow along the Gulf Coast, its occurrence has not been confirmed in Santa Rosa County, nor in Florida, for that matter.

Some pathologists think that our weather might not allow the disease to live in Florida. Or possibly, it just hasn't arrived here yet.

Florida's nursery inspectors have been watching dogwood shipments for years in an attempt to keep anthracnose out of the state. Extension agents are also following up on any suspicious dogwood symptoms.

More on this disease will be passed along. Hopefully I won't have anything to report!

Check Our Website

www.co.santa-rosa.fl.us

The Santa Rosa County Extension Service is one of the departments featured on the County Website. You will find much information from the local office including 4-H, FCE, agricultural and gardening articles. There are also links to the University of Florida and other county Extension offices.

GARDENERS' CORNER

Local landscapes remain under conditions of extreme drought. Recent showers have helped, but the subsoil is still "powder dry."

Limit gardening practices to sustaining the existing landscape and establishing small beds for summer color. It's too hot and dry to take on major planting projects at this time.

August Tips

- ✂️ Finish pruning hydrangeas. Later pruning could reduce flowering next spring.
- ✂️ Be extra kind to the lawn during hot weather. Sharpen mower blades and raise the cutting height by ½ to 1 inch.
- ✂️ Cooperate with local officials by observing water use restrictions.
- ✂️ Use mulches in shrub and flower beds in order to conserve soil moisture.
- ✂️ Fertilize daylilies lightly and keep them well watered in order to encourage good foliage development. Prepare to divide and transplant crowded plants this fall.

Pest Watch

Watch for these insects in lawns and ornamentals, and control them as necessary.

- ✂️ Chinch bugs and sod webworms in St. Augustine grass.
- ✂️ Tea scale on the undersides of Camellia and Burford holly leaves.
- ✂️ Spider mites on Japanese hollies and azaleas.

✂️ Bagworms on cedars, junipers and arborvitae.

✂️ Lacebugs on azaleas and pyracantha.

✂️ Azalea defoliator caterpillars on azaleas.

* Contact your local Extension agent, nursery or landscape professional when assistance is needed in identifying a pest, or for the latest control recommendations.

Dan Mullins
Horticultural Agent

"Gardening for Newcomers"

A monthly gardening seminar is being offered for new residents:

Time: April thru October
The last Tuesday of each month
6:30 - 8:30 p.m.

Location: The Good Shepard
Lutheran Church,
4237 Gulf Breeze Pkwy.,
Gulf Breeze, FL

Topics: Various, including lawn maintenance, flower gardening and landscaping.

* Call ahead to register: 623 -3868 or 939-1259, ext. 1360.

RECIPES

BLACK BEAN SUMMER SALAD

(Makes about 8 servings, about 5 cups of salad)

- 1 can (16 oz.) black beans, rinsed and drained
- 4 oz. Monterey jack cheese, cut into ¼ inch cubes
- 1 can (8 oz.) whole kernel corn, drained, or 1 c. fresh, cooked corn
- ¾ c. sliced green onions with tops
- ¾ c. thinly sliced celery
- 1 small red bell pepper, diced
- ¾ c. picante sauce
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 1 tsp. ground cumin
- 1 clove garlic, minced

Combine beans, cheese, corn, green onions, celery and red pepper in large bowl. Combine picante sauce, oil, lemon juice, cumin and garlic; mix well. Toss with bean mixture. Chill. Serve with additional picante sauce.



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Extension programs are open to all people without regard to race, color, sex, age, handicap or national origin.

COOL TURKEY SALAD

(Serves 4)

- 2 c. cubed Granny Smith apples
- 1 c. halved grapes
- ½ c. chopped celery
- 1 c. cooked turkey, cubed
- ½ c. low-calorie cucumber ranch salad dressing

In a large bowl, combine all ingredients; stir gently to coat. Serve immediately or cover and refrigerate until serving.

NUTRITION INFORMATION PER SERVING:

170 calories; 6 g total fat; 26 mg cholesterol; 11 g protein; 345 mg sodium



Sincerely,

Linda K. Bowman, R.D., L.D.,
C.H.E.

Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

LKB:etc

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